



**Mental Health Systems, Inc.
TBS San Bernardino**

TBS...

- ...Providing adaptive skills to children and caregivers.*
- ...Providing behavior management techniques that reinforce pro-social outcomes.*
- ...Providing choices and alternatives to maladaptive behaviors.*
- ...Providing strategies and interventions that encourage personal growth.*
- ...Providing strength based approaches that build healthier individuals.*
- ...Providing hope to families*



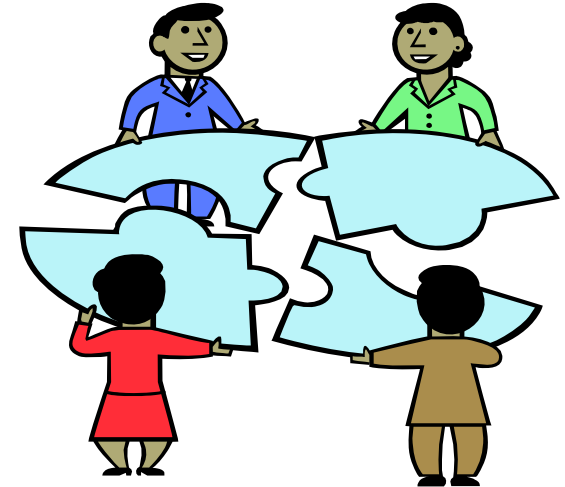
**Mental Health Systems, Inc.
Therapeutic Behavioral Services
San Bernardino
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**MHS TBS provides short term intensive
home based behavior management services
to high risk children and youth.**

**TBS is funded by
County of San Bernardino
Department of Behavioral Health
Mental Health Services
State Funded Source**



Therapeutic Behavioral Services



**for
Medi-Cal
Eligible
Children
and
Youth**

Therapeutic Behavioral Services “Targeting Behavioral Success”

WHAT IS THERAPEUTIC BEHAVIORAL SERVICES (TBS)

Therapeutic Behavioral Services (TBS) is designed to provide help and support to children, youth, and young adults (up to age 21) who exhibit moderate to severe behavioral problems and are having difficulty maintaining their current placement. Current placement may be a family or foster home, shelter, group home, transitional living program, or other community settings. Services are designed to assist clients and caregivers in acquiring the behavior management strategies and coping skills needed to maintain current level of placement or to transition successfully to a lower level of care.

TBS is a home and community based, short-term, intensive service, provided for an average of 3 months in duration. The length of a TBS case is determined by the client's progress on those behaviors that are putting the client's placement at risk. A trained Therapeutic Behavioral Coach is assigned to each client for an agreed upon number of hours per week to assist the client and caregiver with development of structure, and new learning experiences that promote pro-social and adaptive behaviors as well as acquisition of new life skills.

THE REFERRAL PROCESS FOR THERAPEUTIC BEHAVIORAL SERVICES

In San Bernardino County, a client can be referred by anyone, including: a mental health professional (such as an M.D., Psychologist, MFT or LCSW), a parent or caregiver, a social worker, or case manager. A completed referral packet and all required documents must be forwarded to MHS Inc. TBS San Bernardino at which time eligibility is determined.

ELIGIBILITY REQUIREMENTS

The client must meet A and B requirements

- A. Full-scope Medi-Cal beneficiary under the age 21
- B. One must also be currently receiving specialty mental health services.

Client must meet A, B, C or D requirements

- A. Placed in a group home/Residential Treatment Center (RTC), RCL 12 or above.
- B. Being considered for or “at risk for” placement in a group home/RTC RCL 12 or above.
- C. At least one emergency psychiatric hospitalization, or “at risk for hospitalization” related to the current presenting disability within the past 24 months.
- D. Previously received behavioral services through TBS.

TBS is provided to prevent placement in a higher level of residential care, repeated hospitalization, or to ensure a successful transition to a lower level of residential care.

RECOGNIZED BENEFITS OF TBS

- The client stays in the least restrictive level of care
- Active, short-term treatment with long-term gains
- Strength based interventions and education for the client and caregiver to utilize for continued behavioral success
- An increased ability to communicate feelings and needs appropriately
- Empowerment of the client, parent and caregivers
- Reduced family stress

WHAT ARE THE PARTICIPATION REQUIREMENTS FOR TBS?

- The parent/caregiver agrees to allow the TBS staff into their home environment or community to provide services.
- The client, parent/caregiver, and therapist agree to attend monthly treatment team meetings and provide feedback and behavioral observations.
- The primary caregiver agrees to be physically present and attentive when TBS services are being provided to minors.
- The client and/or parent/caregiver agree to actively participate in the behavioral interventions and make behavioral changes necessary to maintain the current placement or transition to a lower level of care.

For Questions contact Mental Health Systems, Inc. TBS SB at (909) 433-0445